Communication Techniques

Workshop/Retreat

Objectives

- To develop an understanding of the challenges of adjustment
- To develop an awareness of positive interpersonal communication strategies
- To identify effective communication techniques

Reunion

- Expectations

Reunion

- Expectations
- Changes

Reunion

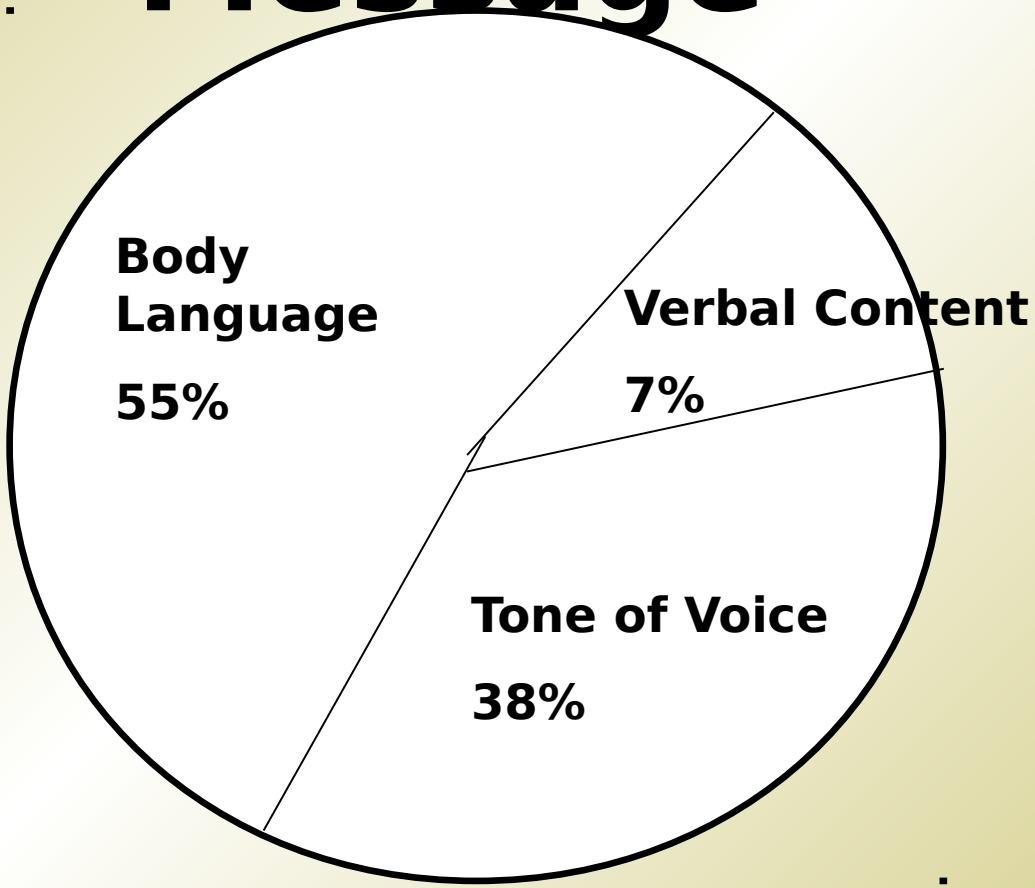
- Expectations
- Changes
- Renegotiation

Making the Adjustment

- Importance of change
- Prioritizing change

How Do People Communicate?

Three Parts of a Message



Communication Skills

- Tune in
- Listen
- Give feedback
- Respond

Feedback

- Sending messages
- Receiving messages
- Responding

Conclusion

- Recognize change
- Address change
- Communicate about change